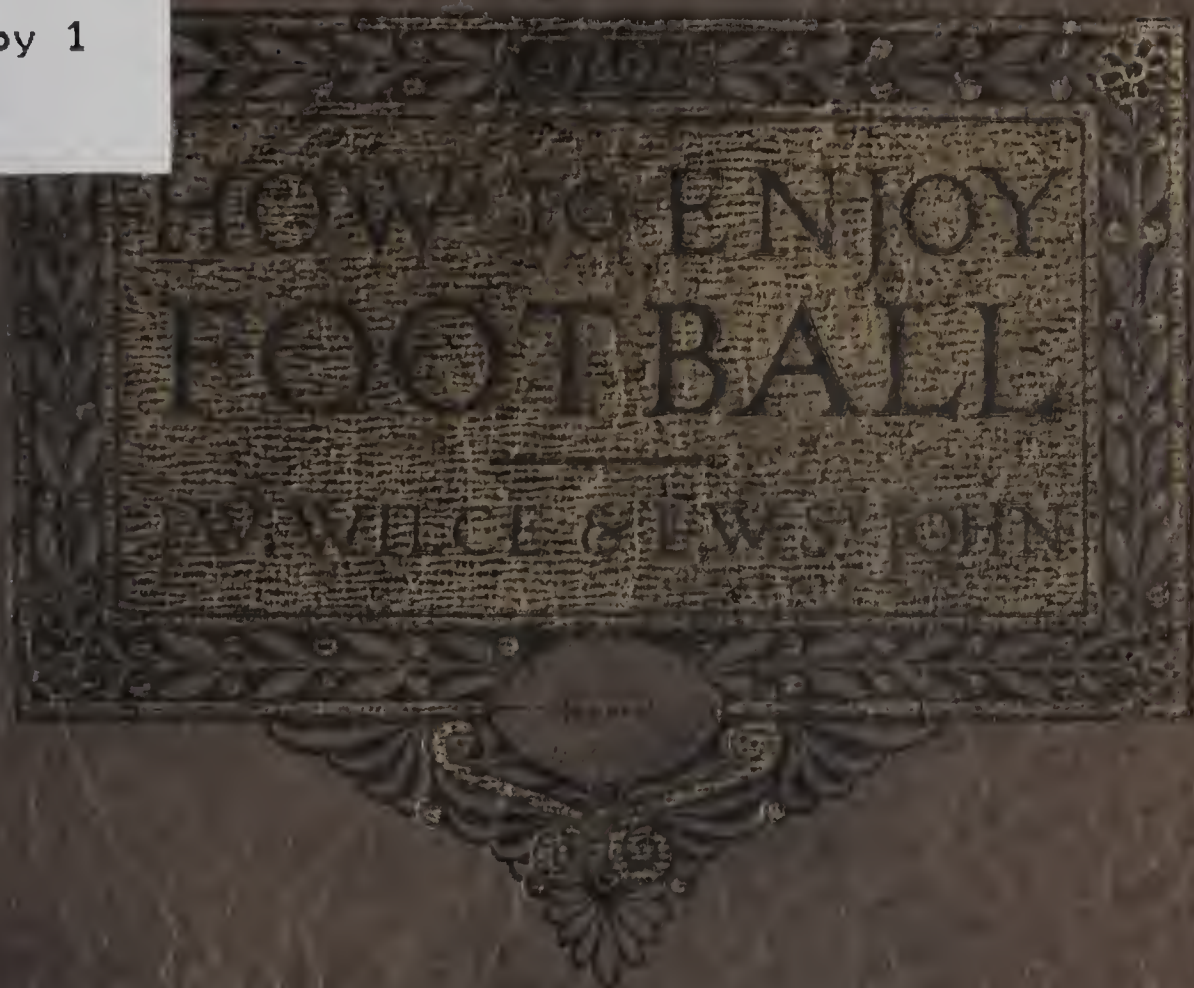


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# HOW to ENJOY FOOTBALL

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THE KICK-OFF

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## FOREWORD

THE average spectator wants to know more about football without burdening his mind with too many of the technical details of the game. The aim of this little book is to give the average "fan" an insight into the basic elements of football as it is played today.

Because of space limitations it has been impossible to cover many minor points. A conscientious effort has been made, however, to call attention to the more important phases of football with the hope of enabling the ardent follower of football to understand a little better "what makes the wheels go 'round."

Special acknowledgments are due to Cartoonist W. A. Ireland, of the *Columbus Evening Dispatch*, for the use of his cartoon, to Prof. T. E. French for the cover and for continually helpful suggestions, to F. H. Haskett, University photographer, to Grant P. Ward, of the Athletic Department staff, for the definitions, and to James E. Pollard for editing the manuscript.

J. W. WILCE  
L. W. ST. JOHN.



## I. FUNDAMENTALS



IT IS by no mere idle chance that football is the king of college sports. Nor does it just “happen” that it holds the intense interest of hundreds of thousands of Americans the year ’round, although the actual playing season lasts only a few brief months.

The answer comes at once: these observations are true because the intercollegiate game appeals so tremendously to so many of man’s finer instincts and because there is so much of the romantic, so much of idealism in it. It is genuine sport for sport’s sake with numberless thrills thrown in for good measure.

Its appeal is many-sided. There is no age limit to restrict enjoyment of this thrilling annual fall spectacle. During the off season wherever “fans” get together it takes but a moment to start the ball of reminiscence or speculation rolling. It is the inevitable topic.

College football typifies much of what is best in most of us. It exemplifies cooperation. It is the abiding place of individual courage and initiative. It has a great background of tradition. It has produced many heroes. It affords a concrete expression of the loyalty

of untold college generations. It is the great leveler of all ages and classes and conditions of men. Day in and day out, the year 'round, college football probably has more faithful followers than any other sport.

In any game a thousand and one things can happen. No one can foretell with any degree of certainty just what will come to pass. It is just this element of uncertainty which helps to produce the thrills. The panorama is never-ending and never the same.

Imagine the ball snapped back by the center. The quarterback of the attacking team tosses the ball to a halfback who starts off on a wide end run. Will his interference function promptly? Will it take out the opposing end? Will it put the opposing tackle out of the play? Will the man with the ball make the most of his chances? Did the quarterback call the right play under the circumstances? The answer depends upon the conditions under which the play started. The situation is hardly ever the same.

Before a play can succeed the players must master the technique of their individual positions. They must learn to work together. In any given play each man has a definite part. Little or nothing is left to chance. If any man fails to do his share, the play falls just that far short of being perfect in its execution.

In order to enjoy football the spectator must also understand the ABC's of the game. To understand team play he must know something of the basic ele-



ments of individual play. In themselves these fundamentals are comparatively simple but they are tremendously important in determining the outcome of a football game.

Look beneath the externals of a football game and consider the fundamentals. Dissect the offense and figure out why a team is gaining or is unable to gain. Usually it is a matter of superiority in the ABC's which determines the victory. Conversely, weakness in fundamentals is usually the answer to the question "Why did we lose?"

Fumbles are considered the "breaks" of the game. Yet handling the ball is one of the first fundamentals a team must master. The team most skillful in recovering the ball "makes its own breaks." A fumbled punt recovered by the kicking side gains more ground than 20 average offensive plays. Of what use is complex forward passing strategy if players cannot accurately pass the ball? What matters a skillful passer or intricate passing plays if individual players are not trained to catch the passes from any position? These things alone show the vast importance of these ABC's.

The fumble from scrimmage is another "break," the disastrous nature of which is well worth understanding. If one team fumbles and the other recovers, the latter gains not only the distance of the fumble back of the line of scrimmage but the potential yardage which possession of the ball carries with it. In a

general way a "down" may be evaluated at two and a half yards. If a recovered fumble is worth 40 or 50 yards, it is obvious that a good deal of energy would be necessary to produce the same distance at 20 scrimmages averaging two and a half yards each. This is the best possible argument for those simple drills—following the ball and falling on or recovering the ball—which are so tedious in practice but so valuable at the critical moment.

These fundamentals include:

Handling and catching the ball.

Falling on or picking up a free ball.

Running with the ball.

Kicking the ball.

Individual forward passing.

Individual forward pass defense.

Tackling.

Charging by individual linemen.

Legal use of hands and arms.

Body blocking and interference.

Every one knows what these things mean but often fails to realize how important they are.

**SECRET OF**      Good blocking by linemen or backs  
**GAINS**            is the secret of the majority of good  
gains. Tackling is the most valuable defensive funda-  
mental. The lineman who charges fastest or who

“gets the jump” usually wins the advantage over his individual opponent. The art of kicking has always been one of the most important fundamentals. It is an axiom of football that with the exception of forward passing plays, a player’s value to his team varies inversely with his distance from the ball.

The forward pass defense, as the game is played today, is absolutely fundamental. The easiest gains are made on forward passes. Any member of a team may be called upon for such defense.

If a center fails to pass the ball steadily and accurately no offense can be effective. In a certain game in 1921 it is estimated that the center himself lost about 200 yards for his team by inaccurate passing.



## II. THE KICK-OFF

A COIN is tossed at the start of the game. The team winning the toss gets the choice of the goal or the option of kicking or receiving the kick. Unless it is to take advantage of wind or sun conditions, the team winning the toss usually elects to kick-off.

The kick-off is a spectacular play of tremendous possibilities. Its importance is not ordinarily understood. The only thing that limits the team which kicks-off is that all its players must be behind the ball when it is kicked. The receiving team must be back of a line 10 yards from the ball. The ideal, straight kick-off has as much height as possible and will fall close to the goal line.

The kick-off is made from the 40-yard line of the kicking team. It occurs at the start of the game and at the start of the second half. It also occurs after a touchdown or after a successful goal from the field. If a team is more than 10 minutes late at the start of the game or more than two minutes late in reporting on the field for the second half, there is no kick-off. The offended team may then put the ball in play by scrimmage on its opponents' 35-yard line or require the team which was late to put the ball

in scrimmage on its own 15-yard line. This is the only 25-yard penalty fixed by the rules.

Let us call our teams the Reds and the Blues. The Reds have won the toss and have chosen to kick-off.

OFFSIDE-ONSIDE                      When the ball is kicked all  
PRINCIPLE VITAL                      Red players are required to

be onside, or behind the ball. If they are not, they are said to be offside and the ball must be kicked off again but from a point five yards farther back. This offside and onside principle must be understood. The rules say that any "player is offside when the ball has last been touched by one of his own side *behind* him." An onside player has the big advantage of being able to play the ball, that is to recover it legally. Understanding this, one may judge whether a player has a right to get the ball or to use his hands or arms in getting at the ball or the player carrying the ball. An onside player has many privileges. An offside player suffers many restrictions. The general principle has been modified in the 1923 rules to bar the onside kick from scrimmage.

To get back to the kick-off: the straight kick-off is the usual policy. The ball may also be directed away from the fastest or most dangerous opposing runner. A good kick-off man occasionally will put the ball over the opponents' goal line. When this occurs, the expected and normal thing is for the player of the opposing team nearest to the ball to recover it,

hold it or touch it down behind the goal line *until the referee blows his whistle*. This is one example of a touchback. The ball is then put in play by the receiving team at any point on its 20-yard line. Any player of this team, if he chose, could recover the ball behind his own goal line and run out with it until downed. Ordinarily this would be poor policy as he would have to run the ball beyond the 20-yard line to reap any advantage.

Not infrequently the team kicking-off makes a touchdown from the kick-off. If the opposing team is slow about recovering the ball behind its own goal line, any man of the kicking team may recover it. In this case a touchdown results. This is possible because all players are onside on the kick-off. This is not always understood and each season touchdowns are made in this way either through lack of knowledge or sluggishness on the part of the defending team.

If it chooses, our Blue team may return the kick-off—i. e., the player who receives the ball may kick it  
**MAY RETURN** back toward the Red team's goal.  
**KICK-OFF**

In this case all Blue players who are back of the Blue kicker are onside and may recover the ball if they can get to it before it has been secured by the Reds. The kick-off return is not common and the surprise of it sometimes brings a touchdown.

As indicated, all members of the team kicking off are eligible to get the ball on the kick-off, provided



the ball is kicked at least 10 yards. Occasionally it is good policy to kick the ball high in the air between 10 and 20 yards down the side line and attempt to recover it. This possibility is always present and should add greatly to the expectancy of the game. Sometimes the positions of the members of the receiving team afford a good opportunity for the use of this short kick with excellent chance for legal recovery of the ball by the onside kicking team.

Sometimes a short kick is made by kicking the ball straight at the opposing center, especially if he stands on the 50-yard line. The hope of the kicking team is that he will fumble the ball in his surprise and it will rebound and be recovered by the kicking team.

Now and then the kick-off goes out of bounds before a player of either side touches it or before it goes over the goal line. In such a case it is kicked off again. If it is kicked out of bounds a second time the opposing team takes the ball and puts it in play from scrimmage on its 40-yard line. If the ball was touched by a member of the receiving team before going out of bounds it becomes a free ball and belongs to the side recovering it. In like manner if a member of the team kicking the ball had touched it after it had gone 10 yards it would again become a free ball.

**LATERAL PASS**      A rare and spectacular play  
**SPECTACULAR**      on the kick-off is the lateral pass.

The player who receives the kick-off upon taking it

runs to the right (or left). Another member of his team lingers in position behind him near the opposite side line. The player with the ball turns and throws a long *lateral* pass to his teammate who runs down the field with interference. This is a dangerous play. The pass is limited to a lateral direction since forward passes may be made only from a scrimmage lineup.

Sometimes the criss-cross is used on the kick-off. On this play the player receiving the ball runs to the right (or left.) A teammate starts to the left (or right), crosses immediately behind the other player, takes the ball as he passes, and continues on to the left (or right) with interference.

The "shoestring" or "sleeper" play also is used occasionally on the kick-off. The player receiving the ball runs straight down one side line where all the members of his team except one line up for scrimmage in punt formation after the ball has been downed. The excepted player stays back of the ball near the opposite side line, making himself as inconspicuous as possible. The ball is snapped back without signal and a long forward pass is thrown out to the lone player. Many touchdowns have been made from this piece of strategy. It may be used from scrimmage as well as on the kick-off.

If, on a kick-off, the ball goes less than 10 yards it must be kicked over, except where a member of the receiving team touches it. In such a case it is a free

ball, one for which both teams may scramble even though it goes out of bounds. If a kick-off over the goal line is fumbled by the receiving team it becomes a free ball. If it is recovered by a member of the receiving team a touchback results and the ball is put in play on the receiving team's 20-yard line. If recovered by the kicking team a touchdown results.

If a kick-off touches a player of either side and then hits the goal post or cross bar and bounds back it is a free ball, ground rules excepted. If it hits the goal post or cross bar before touching a player it is a dead ball and results in a touchback.

Not infrequently the kick-off is run back for a touchdown. Such runs seldom "just happen" with  
BIG RUNS SELDOM                      fairly well-matched teams.  
"JUST HAPPEN"                      Usually the combination of

individual ability, preconceived kick-off receiving strategy and effectual blocking brings this thrilling result. In some instances the ball is run straight down the center of the field. In other cases the run is made along the side line. At other times a criss-cross, the lateral pass, the return kick and other plays previously indicated may be used.

Various advantages are gained by placing members of the receiving team in different formations on the kick-off. Among the formations and advantages are:

1. Concentration of the men for mass interference, as illustrated by the old flying wedge.



2. Apparent spreading of the defensive force to cover all kicking points with the idea of sudden massing as the ball is received.

3. Early blocking, thereby preventing deep penetration by the kicking team.

4. Protection against short kicks.

5. Massing interference immediately in front of a speedy running halfback or fullback.

6. Short, close formation for receiving the kick-off against a heavy wind.

7. Special provisions, such as prevention of error in handling the ball through the removal of slower men from the short kick danger zone.

8. Special individual interference to block off the faster, better men of the kicking side.

The tremendous possibilities of the kick-off are thus apparent to all. The usual play in which the kick-off is run back a moderate distance too often is taken for granted. Any of the possibilities just indicated can happen each time a kick-off occurs. The team that "pulls" the unexpected and gets away with it is usually the team that wins the game.

We have yet to consider what the kicking team is going to do on the kick-off. Its first purpose, being onside, is to get the ball if possible. Failing that, it seeks to stop the receiving player of the opposing side in his tracks or to hold him to a minimum run back with the ball.

### III. THE OFFENSE

THE coach's problem is to make the best use of available material. Frequently his offensive policy is guided by the nature of the material at hand. Ohio State's championship teams of 1916 and 1917 with four linemen averaging only 159 pounds naturally could not be primarily plunging, driving teams when they were so greatly outweighed by every opponent.

With an offensive star in the backfield a running game naturally is emphasized. But a running game alone does not usually succeed and the forward pass is added to make the running strategy more effective. Some plunging also is employed to keep the opposing line from spreading out to stop the running and passing strategy.

Spectators occasionally wonder why this or that player is not used continuously in football games. The men in question usually are those who are good at running with the ball. Ordinarily, however, every player has some weakness. He may be weak in defense against the forward pass or in mental speed in sizing up a play on the defense and in making the proper move to meet the attack. He may be addicted to fumbling the ball on the offense. He may be

lacking in ability or willingness to block or make interference for the other fellow. Some men are excellent end runners but are weak on other offensive plays.

The aim of the coaches is to develop the best possible team. Players of different abilities and unlike dispositions fit in most readily to different situations. The average player may be more valuable in a moment of need than an exhausted star. In the same way the mere presence of a remarkable player in a game may raise the morale of that team to the winning level. The psychology of football is one of its most fascinating features.

Many spectators lose much of the thrill of football. Many of them consider plays only in the light of "Where is the man with the ball?" or "What is the man with the ball doing?" It pays to watch each man over a series of plays to see what he is attempting to do and how well he is doing it.

The spectator who limits his attention to the player with the ball misses much of what the other 21 players are doing. If you must do it, keep an eye on the man with the ball but observe other players as well and football will have a new meaning for you.

It is difficult for the average spectator to understand the game correctly unless at some time during  
HIGHER SEATS      the contest he watches the de-  
ARE BEST      tailed work of each player. It  
is a good plan to observe each of the players for several

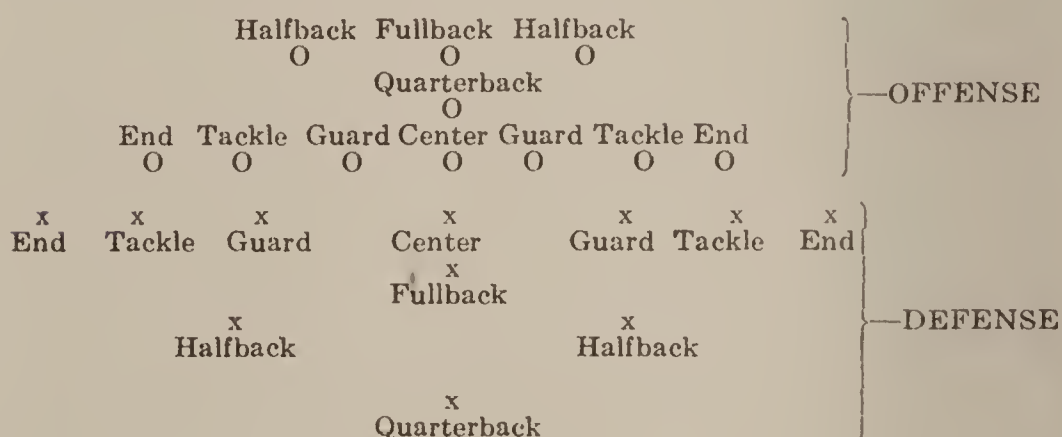


successive downs, or in 11 plays in which their team has the ball. Details of play are best seen from the higher seats. There the spectator gets a better perspective.

The work of the individual on defense is more readily seen than on the offense. The good work of the linemen is more frequently overlooked. By the same token a backfield man is more open to praise or criticism because most of his play is out in the open where it can be seen.

In the ordinary scrimmage lineup men who play similar positions on opposing teams do not play against each other. In the ordinary offensive formation the center is over the ball and the other linemen are shoulder to shoulder. The team with the ball lines up in a simple formation with the center in the middle, guards on either side of center, tackles outside the guards and the ends outside the tackles. The defensive teams, however, disposes its men so as to cover more of a front. The defensive center plays opposite the offensive center. The defensive guard plays opposite a point between guard and tackle of the opposing team. The defending tackles "dig in" about a half yard outside the offensive ends and the defensive ends usually are about three yards outside of their own tackles. The diagram below illustrates this situation.

The teams will not always line up as indicated. The offensive team may take any formation it chooses so long as it has seven men on the line of scrimmage at the time the ball is snapped. The offensive team may have 10 men on the line and one back if it cares to. Let us consider that the team receiving the ball has run it back to its 35-yard line. The opposing teams thereupon line up in scrimmage formation somewhat as follows:



There are many plays our offensive team may attempt. The strategy it actually uses will depend upon various conditions—the weather, the ground, the team's position on the field with regard to the side lines and goal line, and the way the opposing team lines up for the defense.

Most football teams use from 30 to 40 different offensive plays from various formations during a season. More conservative teams use fewer while others resort

to as many as 75. This does not mean that every play is used in every game. The aim is absolute perfection of execution on the one hand and adequate versatility and deception on the other. There must also be good execution, that is, blocking, hard running interference, etc.

Plays vary in type. They may be classified according to purpose and nature as follows:

1. Close power plays—sneaks, “short slants,” straight bucks, “long slants,” and cross bucks.
2. Driving power plays—off-tackle runs or bucks.
3. Running plays—short end runs and “cut-backs,” long end runs or “sweep plays.”
4. Kicking plays—punts, drop kicks, place kicks.
5. Deceptive plays—delayed bucks, split bucks, whirls, “hovers,” fake passes, criss-cross runs, double or triple passes.
6. Forward passing plays—speed, running and standing, deception and diagram plays.
7. Cycle plays which start the same but finish differently.

Plays may be classified according to formation as follows:

1. Close formation plays.
2. Direct pass plays.
3. Indirect pass plays.
4. Running formation plays.
5. Semi-spread formation plays.

6. Spread formation plays.
7. Kicking formation plays.
8. Special formation plays.
9. Shifts—line shift, backfield shift, combination shift, double shift, triple shift, and wheel shift.
10. Passing formation plays—forward and lateral.

Let us examine the possibilities of offensive play. Restrictions on the Blue (offensive) team are that it may not use hands or arms, except close to the body, the man with the ball always excepted. He may use his hand and arm to stiff-arm a tackler. There must also be seven or more Blue players on the line of scrimmage at the time the ball is snapped back. Only one offensive player, however, may be in motion when the ball is snapped and he towards his own goal line. Players on the line of scrimmage may be either linemen or backs. If linemen are back of the line of scrimmage they must be at least five yards back. Linemen are seldom used in the backfield in these days, although such use is still legal and a good one.

In thinking of formations and plays we must always remember that there may be any number of preliminary formations before the ball is snapped back in the final formation. Preliminary formations are the early stages commonly used in shift plays and have



been of remarkable value in adding deception to the forward pass attack. Certain teams have used such preliminary shifts as many as four times as an aid to deception in the running or forward passing game. Many preliminary maneuvers of varying nature, designed to aid in deception, are seen.

Some teams have had the entire backfield jump up and down in its tracks just before the ball was snapped. The idea of grouping the entire team about five yards back of the ball in a circle or a square and then hiking it up to the line and starting the play is much used. This move is primarily for signal giving purposes and has become fairly common. Some such move seems desirable with a crowd which makes the hearing of signals difficult.

Many freak formations also have been used. Here again the basic idea is to deceive the defensive team. Formations with eight, nine and even 10 men on the line of scrimmage are used. Freak formations, however, are not common in the Middle West where the great part of the football is sound "orthodox stuff."

As they are designed to be, shift plays tend to be confusing. A team may line up in a formation other than that from which it intends to play. In these formations linemen usually stand back of the line. Just before the ball is snapped they shift or change their positions, usually up onto the line. There may be several shifts. The

SHIFT PLAYS  
CONFUSING

ball is snapped immediately after the players arrive at their final position and before their opponents can shift and get set to meet them. If teams were not required to come to a full stop after a shift, each team would use a shift on the offense because it could not be stopped by a defensive team of equal strength which had to start from a standing position.

When they see a lot of men running in front of the man with the ball, spectators often remark "Isn't that wonderful interference!" But is it? Do the interferers block? Do they hamper the runner or slow him up? Would he be better off if there were fewer men in the interference? Unless a lineman is fast enough to keep out of the way of the man with the ball and at the same time is able to handle any defensive players he meets he should not be allowed to do anything but blocking in the line on the offense.

The success of any play lies largely in its execution. The correct placing of men in formations as well as individual ability determines the effectiveness of plays. In each play each man has definite duties to perform. How well they perform their assignments largely determines whether a gain is made.

The formations from which plays can be made are beyond number. On the line three men usually are on either side of the center, or four may be to his left and two to his right, or vice versa; or five may be to his left and one to his right, or vice versa. Or even

six may be to his left and none to his right, or vice versa. So-called "punt formations," in which the offensive team apparently is about to punt, vary nearly as much as regular formations in their distribution of the men in the backfield and on the line. The majority of plays from "punt formations" are not punts. They may be end runs, or short running forward passes, or bucks or lateral passes or other plays.

The forward pass is the greatest threat and the most spectacular play in football. Its possibilities are remarkable and as yet are only touched. Under ordinary conditions five men are eligible to receive a forward pass from scrimmage. They are the players who are at either end of their line of scrimmage or who are at least a yard back of the line of scrimmage at the time the ball is snapped. Speed, coordination, agility and catching ability are needed by the players who are assigned to receive the pass. An expert passer who can pass from a standstill, double pass, or pass on the run is a priceless gift to a football team.

The common forms of the "punt formation" are among the best forward passing formations. The short forward pass is coming more and more into vogue as a definite offensive weapon. The long forward pass is dependent upon speedy, agile receivers

and a man who can accurately pass a ball for distance. "Brick" Muller, of California, "Red" Roberts, of Centre, and "Hoge" Workman, of Ohio State, are such passers.

In receiving the pass, the offensive player seeks to outrun, to outjump or outreach his opponents. In the "free man idea" the aim is to get the receiver of the pass to a spot five yards or more away from any defensive player. In the delusion principle, the angle, curving run or pause enables the receiver to get clear of all opponents by several yards by the time he catches the ball. The fan or barrage pattern involves sending certain men into a certain zone as a screen, followed by the player who is actually to receive the ball.

Many successful passes have been completed by having some unusual formation in which linemen other than the ends are made eligible to receive the forward pass. This is usually accomplished by having an end a yard back of the line of scrimmage and by having

TACKLES MAY	a backfield man take a posi-
BE ELIGIBLE	tion on the line. Tackles

are most easily made eligible to receive the pass. Because of their physical characteristics they are usually the best linemen, other than ends, to receive the pass. A more unusual forward pass formation is that which leaves the center on the end of the line of scrimmage. He snaps the ball back and then runs down the field to receive the forward pass.



The position of the men at the time the ball is snapped back determines their eligibility to receive the forward pass. It makes no difference what position a player occupies immediately before the ball is snapped. Any player on the team may be made eligible to receive the pass if he is given the proper place in a formation.

A forward pass caught by an eligible offensive player over the goal line in the end zone is a touchdown. If caught beyond the end zone it is only a touchback. A forward pass from behind the goal line which hits the goal post or cross bar and bounds back of the goal line where it is recovered by the opposing team before it touches the ground, results in a touchdown. Such a play is unlikely because a team ordinarily would be foolish to resort to a forward pass from behind its own goal line. It is possible, however.

If a forward pass hits the ground or is touched by an illegal player the ball is dead. When a forward pass goes over the side line it is dead.

If a forward pass goes over the end line and strikes the ground in the end zone, the ball is dead. If a forward pass strikes the opponents' cross bar or goal post from the field of play, the ball is dead.

Let us suppose that our Blue team elects to try a plunge through the line for its first play. Aided by good interference a Blue halfback plunges for three

yards through the Red left guard. Seeing that the **TRY PLUNGE** play resulted in a good gain the **AGAIN** Blue quarterback decides to use the same play again in the same place. This time the halfback gains only a yard. It is now third down and six yards to go. The Blue quarterback calls for a forward pass but his pass to the left end is incomplete. On the fourth down, as a matter of good football, he punts. The ball travels out of bounds on the Red 19-yard line.

The Red team now becomes the offensive team and the Blues the defensive. On a buck from a shift formation a Red halfback makes a yard. On the next play, an end run, a Red back slips around the Blue left end for 22 yards, placing the ball on the Red 42-yard line. It is again first down. On the next play the Red halfback is thrown for a yard loss.

A forward pass from the quarterback to an end, which follows, nets 18 yards. The Red fullback thereupon plows through the Blue right tackle for three yards. A Red halfback repeats in the same place for seven yards. The other halfback then plunges through center for eight more and first down. A criss-cross nets seven more. A pass to the right end is good for 11 yards, putting the ball on the Blue five-yard line. Another pass over the goal line is intercepted by the Blue quarterback, thereby resulting in a touchback. The ball is put in play on the

20-yard line by the Blues. After two attempts to pierce the Red line net only three yards, the Blues punt 40 yards to the Reds whose halfback is downed on his own 43-yard line.

So it goes. It is the perpetual battle between the offense and the defense. The tendency always has been to make them as nearly equal as possible. Now let us look at the possibilities of the defensive team.

#### IV. THE DEFENSE

**M**OST people are interested in football from the standpoint of the offense. Defense cannot mean so much to spectators and yet it is vastly important. The statement has been made that a good offense is the best defense and there is much in the thought. Spectators should realize that a team on the defense can gain ground, although not so clearly nor so consistently as the offensive team. Defensive strategy should be based on this principle. Defensive players should not merely stand their ground but should break through and throw the man with the ball for a loss.

The "rooter" should bear this in mind. The cry should be "Throw 'em back!" or "Fight 'em!" not "Hold 'em!" The plea to "Hold 'em!" is absolutely contrary to good football principles. Even when the ball is on the one-inch line with the opposition preparing to drive it over, the defensive team should aim to break through and throw the offensive team for a loss. It should carry the fight to the offensive team rather than be content to hold it without gain.

In general there are no restrictions on the position members of the defensive team may take except that they cannot be offside. The problem of the defensive



team is to use a formation that effectively meets all the threats of the offense. Any defensive player may tackle the man carrying the ball. But the latter is the only offensive player who may be tackled.

Many a player is given credit due another. A strong tackle may support a weaker guard or end. Strong guards naturally help the play of tackles or center. A strong end may support an average tackle. The offense tries to find weak spots and to gain over them.

Think of some of these things in watching a game. When a play goes for a good gain over one position, don't criticize too strongly. The defensive player may have been "defeated" or he may have been playing a little out of his position to help a teammate. Some players are too ambitious and try to cover too much territory. Teams frequently assign two or three men to block an especially strong player. This is a compliment to him even though he is completely taken out of a play.

One defensive player should "defeat" or take out of the play one offensive player. He will frequently hold his own on the defensive against the combined block of two offensive players. It is expecting a great deal, however, to ask one defensive player to handle three players sent against him.

A player sometimes knifes through the opposing line and tackles the man with the ball for a loss. We

hear cheers. He tries the same thing again and a long gain is made through the hole he left in the defensive line. We hear groans or jeers. Be tolerant!

If all players waited on the line on every play, or "knifed" through the opposing line on each play, the offense would know what plays would gain the most ground. The good lineman  
GO SOFTLY ON HAMMER varies his play. Occasionally he takes a chance and "plays a hunch." If he wins, he's a wonder. If he misjudges just once, every second-guesser is ready to tell him just how he should have done it. It's the way of the world. Remember we all make mistakes. Be tolerant!

If the defense had only one kind of offensive play to meet, such as plunging, running, punting, or forward passing, the problem would be comparatively simple. Most offensive formations have the threat of all these plays in varying degrees. Hence all must be guarded against in any defensive scheme.

A defensive line of scrimmage is an imaginary line at right angles to the long axis of the football when it is put in play. The first defensive line is made up of the men who are on the actual defensive line of scrimmage. We speak of defensive lines of scrimmage, meaning the players who occupy positions along lines at differing distances back of and parallel to the defensive line of scrimmage. Any number of men from one to eight may be on a given defensive line. The

men in the second and third line of the defense ordinarily are known as the "secondary defense."

A running and passing offense is usually best met by a two-man second line of defense. In punt defense the fourth line of defense ordinarily is strengthened by one of the halfbacks. In this case the second line is practically done away with when the fullback takes the place of this halfback on the third line. In general if a plunge is to be met the first line of defense should be strongest. If a forward pass is to be defended the second line should be strengthened. When the center or an end or a tackle on the defense backs away from the first line of defense, we can feel pretty sure that the defense is expecting a forward pass. If there is little chance of a punt, a formation without a fourth line of defense may be used.

The envelopment theory of defense has come to be an accepted thing. In this defense the ends charge straight in across the line of scrimmage far enough to be outside the man with the ball. The rest of the defensive line fills in, encircles and closes in on the attacking force until the play is stopped.

Often a strong tackle makes the work of an end light or a strong end makes the wide defensive play of a tackle light. The former case is the more common. Always analyze such a situation before "knocking" a player.

The forward pass from formations which offer other strong threats is a very potent weapon and correspondingly difficult to defend. Theories as to the best method of meeting it vary. Among them are:

1. To rush the passer with the first line of defense so that he is unable to get the ball away. This is especially effective in delayed forward passes but is not complete in itself.

2. A man-for-man defense in which each defensive player is given a certain offensive man to follow when the play appears to be a forward pass. This is the same principle as that of the guard following the forward in basket ball.

3. Ball defense. There are numerous examples in forward pass defense where a speedy, intelligent player in the second or third line of defense successfully defends passes by getting to the ball before it reaches the arms of the man supposed to receive it.

4. Zone defense against the pass involves the assigning of certain territory to certain men to guard. It is their duty to defend any forward passes which come to opposing players in their territory.

5. Combinations of these systems are commonly used.

Men who are defending against the forward pass may play only the ball and not the man. There is much violation of the theory behind this rule by players who claim that they play the man only in an



attempt to play the ball. The common theory is that there shall be no use of hands on an offensive player

THEORY OFTEN eligible to receive the pass.  
VIOLATED

The hands are supposed to be employed in the attempt to bat or catch the ball. The use of the body is allowed only insofar as it is unavoidable when the defensive player goes up in the air to catch the pass, or in coming down after such an attempt.

The safety man is a romantic figure on the defensive team. Usually well back of his teammates he stands alone to meet all plays that get past the first lines of defense. Usually he is the quarterback although he may be some other player. His chief responsibility is to take care of punts or long forward passes and to stop offensive plays that break through the primary lines of defense.

Oftentimes the fate of the game rests on him. Frequently he stops plays that would otherwise result in touchdowns. He is the last hope of the defense. He is a heroic figure.

## V. THE KICKING GAME

**K**ICKING generalship is a distinct science. Many other elements besides distance enter into effective kicking. Among these are control as to height and direction, timeliness, and speed in getting the kick away. Some kicks are aimed away from the safety man of the opposing team or to one side of the field without going out of bounds. This gives all the distance possible without giving the receiver anything more than a side line to which to run. Punts from the side of the field are aimed toward the middle of the field to prevent their going out of bounds, thus giving the ball to the opposing team in the kicking team's territory.

If the many punts made from about mid-field and which go over the goal line could be kicked out of bounds anywhere inside the receiving team's 20-yard line, many yards would be gained by the kicking team. Sometimes a high, short punt is used to a point some 10 yards in front of the goal post. The idea is that the catcher, being surrounded by players of the kicking team so close to his own danger zone, might attempt to make the catch and fumble the ball.

Like the kick-off and the forward pass, the punt is one of the most spectacular plays in football. Every

one can see what is going on. Ordinarily the punt sails 30 or 40 yards beyond the line of scrimmage. It is caught by a member of the opposing team who usually runs it back. If he chooses, the player who catches the ball may pass it laterally to some other member of his own team who is a better runner. The danger from this play, however, is great. Since they do not have to stay behind the ball until it is kicked, the ends and tackles of the kicking team usually are closer to the catcher of a punt than to the receiver of a kick-off.

It must be borne in mind that in case of a punt there is an instantaneous change on the part of the team kicking the ball from onside to offside. Consequently a player of the kicking team, racing down the field, is offside and cannot ordinarily recover the ball unless it is fumbled by a player of the receiving team. If the punt goes over the goal line it automatically becomes a touchback and the ball is put in play by the receiving team on its 20-yard line. If the punt is touched or fumbled by a member of the receiving team on the field of play and rolls over the goal line it is a free ball. If recovered by a member of the kicking team a touchdown results; if by a defender, a touchback results.

If the punt goes out of bounds before being touched by a player of either side, it is put in play by the re-

ceiving team from five to fifteen yards in from the point where it went out of bounds. A curving punt which travels out of bounds and then curves back onto the field of play without touching the ground is not considered out of bounds.

Frequently the punt goes well beyond the line of scrimmage, hits the ground and bounces while members of both teams stand around without making any effort to get it. All members of the receiving team, be it remembered, are onside, and all members of the kicking team offside. Where a successful recovery is uncertain as with a bounding ball, the receiving team often lets it roll, knowing that the other side cannot legally recover it. This may prove to be poor policy on the part of the receiving team as every yard the ball rolls toward its goal line is lost.

Sometimes when the ball is bouncing we see a member of the kicking team push a player of the receiving team into it. His purpose is to put the kicking team onside. An approved ruling says, however, that unless the hands of the player pushed touch the ball, the kicking team is not onside.

After the punt has been made, any member of the kicking team may use his hands and arms to push opponents out of the way to get at the ball and may use their bodies or arms close to the body to obstruct opponents going down the field.



Many times after a punt has struck the ground a member of the kicking team recovers it. Under the rules this is illegal. The only penalty, however, is loss of the ball to the receiving team. This policy is often adopted to prevent the ball bouncing back toward the kicking team's goal line and to prevent a fast player on the receiving team from recovering the ball and possibly making a long run.

If an attempted punt is blocked by the opposing team all members of the kicking team are put onside. It then becomes a free ball where speed and skill in recovering count. If such a ball were to bound back across the goal line and be recovered by the kicking team, a safety might result. If recovered by the blocking or defensive team, a touchdown might result.

If a team about to kick was close to its own goal line where, as a result of a bad pass the ball rolled over the goal line, a safety might result. If the ball was recovered by a member of the kicking team who was downed before he could get out from behind the goal line, such would be the case. If recovered by the opposing team a touchdown would result.

The free kick is unusual but valuable. When a player about to receive a punt signals for a fair catch  
**FREE KICK** by raising his arm above his head  
**VALUABLE** he may not be tackled. This is used where a player thinks it is policy to protect himself against a fumble which may result from his being

tackled as he makes the catch. By giving the signal, on the other hand, the catcher forfeits his right to advance with the ball after making the catch. After a player makes a fair catch his team may elect to put the ball in play from scrimmage or by a kick from free formation. This kick may be a punt, drop kick or place kick. In a free kick the opponents may not come nearer than 10 yards to the point where the ball was caught.

Ordinarily a fair catch, followed by a free kick, is made when one team punts from close to or behind its own goal line and a fair catch would make possible the scoring of a field goal.

In its broadest sense the kicking game means the use of the punt as a definite *offensive* and *defensive* weapon. Conservative kicking generalship generally involves kicking on the first down inside the kicking team's 20-yard line, on second down between its 20-  
PUNTS OFFENSIVE                      yard and 40-yard lines, on  
OR DEFENSIVE                      third down between the 40-  
yard and 50-yard lines, and on fourth down only after passing the 50-yard line.

Practical essentials for an offensive punting campaign are:

1. Speedy, accurate passing from center to punter.
2. A punter who can kick with speed and accuracy for a given spot or for distance with height.

He needs good judgment. He should be able to hold his punt until the last moment in order to give his line time to cover the punt as completely as possible.

3. The punter's backfield and line must block so as to give him absolute protection and ample time to get his kick away with safety.

4. Ends, guards and tackles should have enough speed and be expert enough in using their hands to get to the punt as the catcher is about to receive the ball so as to hold every inch gained by the kick.

5. The real punting game involves getting a number of players of the kicking team to the spot where the ball is caught to make a fierce, "fumble-producing" tackle as soon as the ball is caught. This is one basis of the kicking game—to make the catcher fumble so that the kicking team may recover the ball.

A kicked ball from a free kick or from a kick-off that goes over the goal line is not automatically dead. If recovered and declared dead in the possession of the receiving team it becomes a touchback. If declared dead in the possession of the other team it becomes a touchdown. If it goes out of bounds after it passes the goal line and before being touched by a player of either side it is a free ball. If the free kick goes out of bounds before touching the ground it belongs to the receiving team at a point opposite to where it crosses the side line. If it touches a player

of either side after it has traveled 10 yards and then rolls out of bounds, it becomes a free ball.

The player receiving the kick may do with it any of the things that were done under similar conditions on the kick-off. In other words, he may (1) run it  
 RECEIVER HAS           back until downed; (2) may  
 OPTION                   make a lateral pass to another member of his side *behind* him; (3) may kick it back towards the other team's goal. In this instance members of his team who are onside may go down the field and recover the ball. The return kick or lateral pass are legal but are almost never used.

On a free kick as soon as a player of the kicking team touches the ball to the ground, members of the opposing team may rush closer than 10 yards to recover it. Ordinarily the referee signals this by dropping his arm. The referee also blows his whistle signifying that the kicking team may start its play. If the ball touches the ground thereafter by accident or otherwise without immediately being kicked forward, the kicking team is given the ball five yards back for another kick.

The player who returns a punt or kick-off by running close to the side line is taking advantage of human nature. The defense expects him to run outside at any moment and so appears to hold back in its attempts to tackle him. Some of the most famous backfield men in the history of football have made a



practice of running out of bounds when about to be tackled so as to save "wear and tear." This practice also prevents the hardest tackling near the side line, since tackling out of bounds is a foul.

A drop kick or a place kick which hits the goal post or cross bar and goes over counts three points. If the goal is not made, the ball is dead. If a ball touches a player of either side, then hits the cross bar or goal post and bounces back into the field of play, it is not dead. If a drop kick or place kick hits an opponent and then goes over the goal it scores three points. If such a kick hits the ground and then goes over the cross bar before touching an opponent or an onside man, it is a touchback. A punt, drop kick or place kick which crosses the opponents' goal line before being touched by a player of the receiving side is a dead ball, unless from a free kick. A kick which goes out of bounds before being touched by a player of the defensive team or an onside player of the offensive side is dead.

## VI. GENERALSHIP

THE speed with which a team lines up and hurls plays at a certain point determines their effectiveness. It is the quarterback's business to study the other team's weakness and then to attack it. Seeming to attack at one point and the launching of a real attack at another are illustrated by the delayed buck, the split buck, the criss-cross, the reverse forward pass and other offensive plays.

The forward pass has revolutionized football just as the use of the airplane has revolutionized modern warfare. The pass has reached a state where it can be made a definite part of a fairly sure offense, in addition to the advantage of its use as a constant threat and as an unsettling influence on the defense. The best football players are those who excel at the forward passing game. The man who combines brains with the versatility and speed of the forward pass player and the strength of the mass player is a near ideal in football today.

Consider the opportunities of the modern game. A series of power plays may be used to draw the defense close. When this has been done a pass may be tossed over their heads. A play may be started in one direction and may finish in another. A play may

be made to look like a bucking power play with the defense coming close to meet it and may finish as a forward pass over the heads of the defense.

Plays may be run constantly inside a given man in the primary defense until he crowds close along the line to stop them. This sets the stage for the vital play for which the others have been the preparation. It starts directly at the same spot, the player charges in to meet it but the runner may veer to the outside for a long gain. A defensive team may know all the plays of an offensive team and still be defeated by perfect generalship or the use of the right play at the right time. Coaches have rightly said they would rather take a quarterback with a wooden leg who is a real field general than trust their offensive weapons to a player who did not quite have the mind under fire to use all the abilities of his team in a strategic manner.

To understand offensive generalship we must have a terminology to describe the simplest division of the FIELD DIVIDED lateral zones, of the playing INTO ZONES field. Starting at the goal line, each 20-yard zone is named as follows:

1. Danger zone—goal line to 20-yard line.
2. Defensive zone—twenty-yard line to 40-yard line.
3. Mid-zone—Forty-yard line to opponents' 40-yard line.

4. True offensive zone—Forty-yard line to 20-yard line.

5. Scoring zone—Twenty-yard line to opponents' goal line.

This terminology is not absolutely accurate as some teams might consider all territory beyond the 50-yard line as the offensive zone.

Special zones:

1. Defensive kicking zone—goal line through opponents' 40-yard line.

2. Long forward passing zone—own 40-yard line to opponents' 20-yard line.

3. Short forward passing and running zone—opponents' 40-yard line to goal line.

In the danger zone a team will punt on the first, second or third down, using fake "punt formation" generalship on the first or first two downs, especially to get wind advantage.

In the defensive zone a team will kick at times on the first down, but usually will kick on the second or third and rarely on the fourth down. Ordinarily a team will not make a forward pass inside its own 40-yard line.

In the mid-zone an offense which has been careful and conservative will begin to speed up as the true offensive zone is reached. In the true offensive zone a team may use its best offensive plays for the first three downs. On the fourth down in the offensive



zone an offensive team will resort to the place or drop kick. Or it will try a short, high punt which will not cross the goal line and will play for a fumble. If out of range of the goal post on the fourth down an offensive team will try to buck or run to the side line so as to leave the defensive team a bad "set-up" when it takes the ball. Or, the offensive team will rush the ball on the fourth down. When a quarterback is in doubt what to do he will punt.

With a powerful team the driving or running game is good generalship. The opponents' defense is the outstanding guide for a choice of play in any part of the field. Generalship is the employment of strategy  
STRATEGY IS or the battle of wits on the field of  
ACID TEST play. It is the greatest opportunity for mentality, the chief end, the real measure of enjoyment of football. It is the final test by which opposing teams must stand or fall. That team wins, given fair equality of strength, which is able to deliver the right blow at the right time, to pull the unexpected, to surprise its opponents.

The student of the game or the average "fan" takes pleasure in a well executed bit of individual play—a fine punt, a hard, sure tackle, or a spectacular run. But the chief measure of enjoyment must be reserved for the anticipation of what the quarterback will do next. There is scarcely a position on the field that does not admit of a choice of plays or several choices.

On this employment of strategy depends the outcome of the game.

Strategy starts with the kick-off. It may be a short kick designed for a recovery. It may be to a weak man in one corner, or over the goal line. It may be driven low and hard at the center and played for a rebound or fumble. It is the unexpected, the unusual, the surprise attack that usually wins. But this surprise attack must be sound football, based on good execution.

One play at a time does not suffice for the good football general. He figures what has gone before and what is to come after. He apparently wastes a play or two. But the result is in making good in a surprising manner on the third or fourth play.

## VII. THE TOUCHBACK AND SAFETY

THE average spectator is puzzled over the distinction between the touchback and the safety. He sees the ball travel over the goal line. He holds his breath. Is it a touchback, a safety or a touchdown? If he will remember the simple rule that the force that moves the ball is the determining factor between the touchback and the safety he will have no trouble distinguishing between them.

In the touchback the force which sends the ball on, above or across the goal line must be given *by an opponent*, that is by the team playing to cross that particular goal line. The touchback scores no points and after it occurs the ball is put in play on the 20-yard line. In the safety the impetus which causes the ball to travel to a position on, above or across the goal line must be given *by the defending team*, that is, by the team whose goal line is concerned. The safety scores two points for the attacking team and after it occurs the ball is put in play on the 30-yard line. In both safety and touchback the ball must be declared dead in the possession of the side defending the goal. If the ball is declared dead in the possession of the attacking team over the goal line it is usually a touchdown.

The most common touchback is where a punt crosses the goal line before being touched by a player of either team. It should be recovered by a member of the defending team as a matter of good policy even though it is unnecessary under the rules. A ball kicked by the offensive team which hits the goal post or cross bar and bounces back onto the field of play is a touchback. If, however, the ball is touched by a defensive player or an onside offensive player before it crosses the goal line or hits the goal post it is a free ball. The forward pass also is the source of many touchbacks. If the ball is forward passed from the field of play across the goal line or hits the goal posts or cross bar it becomes a touchback. If it hits an ineligible man of the offensive team, it is a touchback. If the forward pass crosses the end line (10 yards back of the goal line) or the side line extended before it touches the ground it becomes a touchback. If the pass crosses the goal line and an ineligible player of the attacking team interferes with a defending player as the latter attempts to get the ball, a touchback results even if the pass is successfully received by an eligible offensive player.

If a forward pass, attempted from behind the goal line, hits the ground behind the goal line, a safety  
**HOW SAFETY RESULTS** results. If a forward pass from  
back of the goal line strikes the  
goal posts, bounces back of the goal posts and hits



the ground, a safety results. If such a forward pass is recovered before it hits the ground by an eligible player of the team behind the goal line, he may run with it and try to get beyond the goal line. If an eligible player receives a pass behind the goal line and is downed back of the goal line, a safety results.

If the center makes a low pass across the goal line and the ball rolls along the ground and any member of the team behind the goal line bats or kicks the ball toward the other goal, a safety results. Kicking a loose ball or batting the ball toward the opposite goal line are fouls, the penalty for which is the loss of the ball at the point where the foul occurred. If the ball, for example, is kicked or batted three yards back of the goal line, the opposing team theoretically would be given possession of the ball at that point. The rules provide, however, for a safety rather than a touchdown in this case.

A ball passed by the center from the field of play back across the goal line goes to the side first recovering it. It becomes a touchdown if captured by the defending team and a safety if by the offensive team where the man who recovers the ball is downed back of the goal line. If the center passes the ball back for a punt and the pass is bad or the kicker fumbles the ball which rolls over the goal line and it is recovered by the kicker or another of his side who is downed there, a safety results.

If the ball is passed back from the center to a back-field man who tries to buck it out from behind his own goal line but is tackled just before he gets to the goal line, a safety results. If the ball is passed back from the center to the kicker who kicks the ball forward so that it hits a player of his own team who is back of the goal line where it is recovered by that team and the ball is declared dead, a safety results.

If the ball is passed back to the kicker and is punted forward but is blocked by the other side and bounces back over the goal line, a safety results if recovered by a member of the kicking team. If recovered by an opponent it becomes a touchdown. The touchdown phase of this play was well illustrated in the Michigan-Ohio State games of 1919 and 1920 in which Huffman of Ohio State twice recovered blocked kicks for touchdowns.

If the ball kicked from behind the goal post hits the goal post or cross bar and is recovered by a player of the kicking team, a safety results. If recovered by a member of receiving team a touchdown results. If, from behind his own goal line, the kicker punts the ball out of bounds before it crosses the goal line, a safety also results. Most safeties result from blocked kicks on or near the goal line. A kick thus blocked and covered back of the goal line is either a safety or a touchdown depending upon who recovers the ball.

## VIII. OFFICIALS AND PENALTIES

**T**HE referee is in full charge of the game. The umpire, field judge and head linesman, in a sense, assist the referee. Each has special duties and may call fouls. Generally speaking the referee has charge of the game and makes decisions regarding possession of the ball and its progress. The umpire has charge of the conduct of the players and his chief function is to call fouls, particularly personal fouls in the line. The field judge keeps time and assists the referee, particularly in decisions on forward passes and punts. The head linesman marks the distance gained or lost and calls offside penalties.

Many times the spectators criticize the referee when another official has made the decision. Thinking people will reserve criticism of officials who are chosen as being the best available men for their positions. Spectators should remember that talking to officials by others than the team captain is considered unsportsmanlike conduct and may draw a penalty. Captains may question officials and confer with them if they feel that an official is mistaken in a ruling, but criticism or insinuating remarks are distinctly unsportsmanlike.

Occasionally we see the referee take the ball and place it back of the spot to which it has been carried. Sometimes he moves it forward. He does this because the ball is dead at the point where its forward progress is stopped. The runner may have pushed the ball forward or advanced with it after the referee has blown his whistle and the referee is simply placing the ball back to the point where it was dead. A player may have been thrown back by a tackler but the ball is dead at the point farthest forward. In this case the referee places the up to that point.

Spectators wonder why one team is penalized 15 yards and the other team only five yards for holding. Is the team at fault on the offense or defense? When any player on the offensive team uses his arms in holding an opponent or in pushing him out of the way, the regular 15-yard penalty is given. When a defensive player tackles or holds an offensive player other than the man with the ball, it is defensive holding and the five-yard penalty is exacted. This is rare, however.

During each two periods each captain may take time out not to exceed three times for two minutes.

WHY THE GAME SEEMS LONG	For each request for more than three periods of time out a penalty of two yards is inflicted. The referee, however, may call time out at his discretion and without penalty to either side. Between the first and second
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quarters, and the third and fourth quarters there is a one-minute intermission while the teams change goals. Between the second and third periods there is a 15-minute intermission.

There are many times during a game when time out is taken automatically. This makes the game seem longer to those who are ahead and shorter to those who are behind. Time out is taken automatically: while a penalty is being inflicted; on any incompleting forward pass; after a touchdown, field goal, drop kick or place kick; after a safety and after a touch-back. Time out also is taken while the play after touchdown is being made. Time stops when the referee blows his whistle to signify any of these things and does not start again until the ball is actually in play. Time out also is taken when the ball goes out of bounds or over the side line until it is snapped back or kicked off in the field of play. The ball is dead while all penalties are being enforced. Noting these facts regarding time out will enable you to understand why it takes from 25 minutes to half an hour to play the average 15-minute quarter.

The best way to understand penalties is to get out a rule book and study them. The most common

**STUDY PENALTIES  
IN RULE BOOK**

penalties are the five-yard penalty for offside and the 15-yard penalty for holding. Other penalties, however, are for two, five, 10, 25 yards, half the

distance to the goal line, loss of down, loss of the ball—and the more serious penalties such as suspension from the game and forfeiture of the game. Most penalties result from illegal use of arms, offside play or unnecessary roughness.

#### PRINCIPAL PENALTIES

2 yards—Time out four or more times in one half.

5 yards—For offside play.

Holding by defensive side.

Interference with opponents before the ball is put in play. Running into kicker.

10 yards—Where the forward passer intentionally throws the ball to the ground when about to be tackled for a loss. If this is done on the fourth down it also involves the loss of the ball.

15 yards—Holding or illegal use of the arms.

Roughing a player after he has kicked the ball.

Interfering with fair catcher or throwing him after the catch.

Any unnecessary roughness such as use of elbows, tripping, tackling a man out of bounds or "piling on."

Assisting a man out of bounds by pushing or pulling him.

Man with ball hurdling, jumping feet first over an opponent who is still on his feet.

Unsportsmanlike conduct.

Side line coaching.

Substitute communicating with a player of his own side before the ball is put in play.

Interference with defense by offensive man under a forward pass.

25 yards—Team failing to report for play two minutes after time set for start of second half, and ten minutes after time set for start of game.

**Half Distance to Goal Line**—Player once in game returning during same half.

Extreme roughness such as kneeling, kicking or striking, a rare penalty involving disqualification as well as distance. Any foul committed within one-yard line is penalized by half the distance to goal line.

**Loss of Down**—Offensive center passes the ball out of bounds and his own side recovers it.

On any incompleated pass before the fourth down or one in which the passer is not five yards back of line of scrimmage.

Where a forward pass is touched by one eligible man, then by another eligible man. Only the eligible man of the offensive side who first touched the forward pass may legally recover it unless in the meantime it is touched by the other side.

A forward pass which goes out of bounds or hits the goal posts before the fourth down.

**Loss of Ball**—Interference by defensive man, for example, a defensive halfback with and offensive end trying to receive a forward pass. The ball goes to the passing side at the point of the foul.

Use of arms or roughness by players of the receiving side on a punt. The ball goes to the kicking side at the point of the foul.

Kicking the ball, hitting or batting the ball towards the opponents' goal line except on a forward pass.

The ball is lost when the team is "held for downs."

When a forward pass is incomplete or illegal on the fourth down.

Wilfully throwing a forward pass to the ground on fourth down.

When a forward pass is touched by an ineligible man.

Forfeiture of the game may result in case a team refuses to abide by the referee's decision.

Spectators should appreciate the fact that penalties are enforced from different spots. Most fouls committed by one player against another are enforced from the place where the foul was made. Most of the 15-yard penalties are so enforced. Many other penalties are enforced from the spot where the ball was put in play on the previous down. Fouls committed when the ball is not in possession of either side, as while a punt is in the air, or where there is a free ball, are enforced from the spot of the foul.

The distance enforcement of a penalty cannot result in a touchdown. For example a 15-yard penalty inflicted from the one-yard line cannot carry the ball 14 yards over the goal line. In such cases the ball is put in play half a yard from the goal line. If made more than a yard from the goal line the ball is placed in play on the one-yard line. Enforcement of a foul on the offensive team leaves the down and the point to be gained the same.

Penalties for fouls may be declined by the team against which they are made. If a team starts a play which gains 15 yards and the other team was offside with a penalty of five yards, the offensive team naturally would decline the penalty and take the gain.

The umpire calls most fouls. He blows his horn when a foul is committed. This signal does not make the ball dead and play may continue until the referee blows his whistle which calls the ball dead. Some-



times the umpire blows his horn and the defensive side stops play but the player with the ball keeps on running and scores a touchdown. This happens where a foul is called on the defensive team. The offensive team simply declines the penalty and takes the gain.



Courtesy of Ireland

THE FOOTBALL FAN—YOU ALL KNOW HIM

## IX. DEFINITIONS

**F**OOTBALL definitions, like others, are not always entirely adequate yet they help to throw light on the general subject. Those given here are designed to assist the spectator in understanding the game and in using a correct football vocabulary.

Blocking—Interposing the body between the opponent and the ball or the man with the ball. All interference is some form of blocking and a team is said to have good interference when this blocking is executed with precision and power, or poor interference when it fails to hit the man or to block with sufficient force.

(a) Hard shoulder blocking—used by a guard or tackle in opening a hole in a close line for a successful line buck.

(b) Long cross blocking—as illustrated by an end preventing the opposing tackle from getting far enough into offensive territory to break up interference or stop an end run.

(c) Check blocking—as when the left tackle momentarily checks the opposing guard or tackle with his shoulder before the left tackle goes down under a punt.

(d) Roll blocking—as in hurling one's body parallel to the ground at an opponent's knees, cutting his legs from under him.

(e) Combination blocking—where two or more men combine on one opponent to open a hole in the line or to smother an end.

(f) Leg blocking—interposing the thigh between an opponent and the man with the ball. A strong lineman may block one opponent with his head and shoulders and block another temporarily with his leg.

Line Bucks—applied generally to power plays that drive the ball through the opposing line, meaning that territory covered by the tackles, guards and center. Such bucks have a variety of forms and are spoken of as:

(a) Straight buck and short slant—in which a player drives practically straight ahead at right angles to the line of scrimmage or at an angle from a point about four yards back of the line.

(b) Long slant and cross buck—in which a halfback, for example, at the left of the center, drives diagonally across to the right of the center, taking the ball through an opening made by his own right guard and tackle.

(c) Split buck—a deception play in which, for example, the left half fakes taking the ball on a cross buck to the right, but as soon as the half has passed in front of the fullback, the latter drives straight ahead on a straight buck. This is an opportunity for clever, deceptive handling of the ball by the quarterback.

(d) Delayed buck—in which the fullback drives hard into the right side of the line, the quarterback faking a pass to him, then turning to feed the ball to the left halfback who has delayed his start and who now drives straight over the center or to the left.

(e) Sneak—in which a player close behind the center takes the ball directly from the center's hand and driving straight through behind powerful blocking, or hesitating momentarily, picks a quick opening to slip through the opposing line.

Methods of Line Attack—all of the above bucks are accomplished by one of two methods known as quick opening and wedge.

(a) Quick opening—under this system the linemen are arranged as far as possible so that two of the offensive linemen can attack one of the defense, thereby enabling the man with the ball to dart into the opening thus made for a short gain. Sometimes he is preceded by another member of his backfield.

(b) Wedge—by this method several offensive linemen charge shoulder to shoulder as a tight line, forcing one of its men forward as the apex of the wedge, the others following on the sides of the wedge, pushing the apex forward, thus forcing the defense to run around them. The man with the ball does not run immediately toward an opening but rather at one of his own linemen and gets into the shelter of the wedge for protection against the defensive players. Under some conditions four or five linemen merely charge straight ahead, trying to clear everything in their path by keeping shoulder to shoulder.

End Runs—speed plays directed to the end or wing positions.

(a) Short end run—in which the backs start toward the side and cut quickly down the side, passing between the opposing end and tackle or just outside the end who has been blocked to the inside.

(c) Criss-cross or double pass end run—in which part of the backfield starts to one side with the ball



as on an end run to the right, while the ball is passed to the right end or right halfback who goes around the left wing.

Tactics Used by Runners—men who are skillful in advancing the ball in addition to speed and power of running develop such technical abilities as:

(a) Straight arming—the vigorous warding off of a tackler by placing the free hand on his head or shoulder, straightening the arm at the moment of contact, thus preventing the would-be tackler from effectively encircling the runner's legs with his arms.

(b) Side stepping—a form of dodging usually made most effective in connection with straight-arming or stiff-arming when the runner tries to throw his legs away from the tackler while keeping his balance.

(c) Dodging—deceptive movements of the body, as in running straight at a tackler, then swerving sharply to one side after having drawn the tackler off balance.

(d) Change of pace—sudden bursts of speed for short distances by lengthening or quickening the stride.

(e) Pivoting—in which the runner pivots one leg away from the would-be tackler, throwing the leg next the tackler back and around in the opposite direction. When he completes the turn he is over-balanced which forces him to plunge forward and away from the grasp of his opponent.

Hole—an opening or interval between two defensive players. Usually applied to the quick opening made through which the man with the ball attempts to dash.

Plays and Formations—all attempts by a team to gain ground are made from what are called forma-

tions. Each individual attempt is a play. Formations are the grouping of players so as to enable the offensive team to concentrate its force at given points. They may be grouped as follows:

(a) Close formation—this may be a balanced line and balanced backfield, i. e., with an even number of men on each side of the center in both line and backfield. In an unbalanced line and backfield more men are on one side of the center than on the other. In a close formation the line plays shoulder to shoulder and the backfield men, grouped together, are within five yards of the line of scrimmage.

(b) Open formations—usually divided into two classes, the spread and semi-spread. In a spread formation the line and backfield are spread out over the field so as to facilitate running and forward passing plays. In a semi-spread, part of the line is close together and the remainder spread out. The same may be true of the backfield. This sort of formation offers the running and passing attack as well as the line bucking and kicking attack.

(c) Punt formation—where the ends usually are from four to 15 yards from the tackles while the other five linemen are close together. One man in the backfield is from eight to 12 yards back and the other three are grouped to protect him. This formation also enables a team to run, forward pass or buck. Some teams punt from open formations. It is also possible to execute a quick kick from close formation although it is seldom done.

(d) Shift formation—some teams line up for a play with their men distributed in some form of the above formations. Others line up and by a series

of shifts, whereby the men change their positions, arrive at one of the above formations and get the play away before their opponents can get firmly set to meet it.

Plays—from a given formation any number of plays may be used. They may be classified as follows:

(a) Straight plays—usually line bucks, in which the ball carrier runs straight for a given opening in the line.

(b) Angle plays—where the ball carrier starts as on an end run or long slant and cuts sharply in or out.

(c) Power plays—really a type of the straight play in which the maximum force is centered at a given point in the line.

(d) Mass play—all mass plays are power plays but the contrary is not necessarily true. In the mass play all the interference is hurled at a given point and the attempt is made to crush the defense by sheer force.

(e) Whirl play—where the man who receives the ball from the center, whirls completely around and suddenly drives into the line.

(f) Deception play—delayed bucks, split bucks and trick plays in which the object is to make the opponents believe you are going to attack at one point, but you aim at another.

(g) Cycle plays—formations in which several plays apparently start exactly alike but really develop into different forms of attack.

(h) Fake plays—practically the same as deception plays with the exception of the fake punt, which in reality is a misnomer.

(i) Off tackle plays—directed outside of either defensive tackle.

(j) Inside tackle plays—directed inside of either defensive tackle.

(k) Field goal—a place or drop kick made from the field of play during a regular scrimmage.

(l) Play following touchdown—after a touchdown a team may line up for scrimmage on the five-yard line or beyond. The play may be a place kick, drop kick or any regular play by which it is able to carry the ball across the goal line.

Forward Pass—technically, any ball passed forward or toward the opponents' goal, whether thrown or not.

(a) Screen forward pass—in which the linemen are sent down the field as a potential protective shield behind which an end or halfback darts to receive the pass.

(b) Criss-cross forward pass—starts the same as a criss-cross run in which the second man to receive the ball passes it forward to a teammate.

(c) Triple pass—in which three men handle the ball. They may pass to each other as in the criss-cross pass or they may be stationed behind each other so that the ball is successively passed backward. Such plays are uncommon.

(d) Forward pass protectors—the men who by blocking prevent opponents from interfering with the man about to make the pass.

(e) Forward pass safety—after the pass is made, certain members of the team are delegated to protect the territory and prevent a runback in case the pass is intercepted.



## Types of Passes:

(a) Spiral pass—in which the ball is sent through the air with a whirling motion.

(b) End-over-end pass—in which the ball rotates from end to end. This is seldom used.

(c) Grip pass—in which the ball is gripped and thrown somewhat like a baseball with either the thumb or the fingers on the lacing.

(d) Non-grip pass—in which the ball rests lightly on the palm of the hand and is given a whirling motion as it is thrown.

(e) Incomplete pass—which complies with all the legal restrictions but touches the ground either before or after being touched by the receiver.

(f) Intercepted pass—one recovered by the opposing team before it touches the ground.

(g) Illegal pass—one in which some of the legal restrictions have not been complied with, as where the passer was not five yards back of the line of scrimmage or the ball was received by an ineligible man.

## Kicked Balls—

(a) Punt—where the ball is kicked before it touches the ground.

(b) Drop kick—where the ball is dropped to the ground and is kicked the instant it rebounds.

(c) Place kick—where the ball is held on the ground by one player and kicked by a teammate.

(d) Two-wave punt—this refers to the manner in which the members of the team which punts go down the field. Those who start when the ball is passed constitute the first wave. Those who go after the ball is kicked are the second wave.

(e) Roughing the kicker—men trying to block a kicked ball may not run into or to rough the kicker.

(f) Running back a kick—where the defensive man who catches a kicked ball attempts to carry it back toward the opponents' goal line as far as possible.

Kick-off tee—a small mound of earth upon which the ball is placed just prior to the kick-off. This enables the kicker to get more height and distance into his kick.

Illegal Formation—if the team putting the ball into play does not have at least seven men on the line of scrimmage the formation is illegal. If any of the tackles, guards or center are not on the line of scrimmage and are less than five yards back of that line, the formation is illegal and a five-yard penalty is inflicted.

Scrimmage Line—this applies to the men lined up on either side of the ball when it is put into play.

Line Up—the men who make up the positions on a team. The center is sometimes referred to as the snapper-back or pivot man. Ends occasionally are called wing men or "flankers." All seven men on the line of scrimmage are sometimes called forwards or are referred to as the forward wall.

Flying or Diving Tackle—applied to a player who leaves his feet and throws his body through the air to tackle an opponent with the ball. It is forbidden under the rules.

Feeding the Ball—where the quarterback receives the ball direct from the hands of the center and hands or tosses it to another member of his team.

Shock Absorbers—a term applied to backfield men who have little ability to carry the ball themselves but who are able to clear opponents from the path of the man with the ball.

Open Field Runner—a ball carrier who has dodging, side-stepping or pivoting ability and is able effectively to use the stiff-arm.

Hard Running Back—a halfback or fullback lacking the qualities of the open field runner but who is able to shake off tacklers by sheer strength of his body and leg drive.

Plunging or Driving Back—a backfield man who has unusual ability to smash through a line.

Diving the Line—a term applied to a back, who, when called upon for a line smash, finds no opening through which he can slip, whereupon he dives head first over the mass of players for a few additional yards.

Hurdling—applies only to the man carrying the ball who tries to jump feet first over an opponent who is still on his feet. Merely stepping over a prostrate player is not hurdling.

Triple Threat Man—a ball carrier who is a good open field runner, a forward passer and a punter.

Quadruple Threat Man—one who in addition to the above qualities can drop or place kick.

Five Threat Man—one who has the above four threats and plunging ability in addition.

Signals—a series of numbers usually called by the quarterback and indicating the play to be used. Some teams also have defensive signals.

Bucking or Plunging—applies to plays directed straight at the opposing line.

Charging—applies to offensive as well as defensive teams. A defensive line is coached to charge its opponents as the ball is snapped back. The offensive side charges when a charging signal is given or when the ball is snapped.

Side Line Coaching—it is contrary to the rules for any one on the side lines, particularly the coach, to give any direct instructions through talking, special signs or special positions to a team while it is on the field.

Delaying The Game—when a team is ahead it frequently tries to retain its advantage by killing time. It usually calls its signals two or three times. This calls for a five-yard penalty at the discretion of the referee.

Illegal Interference—where offensive players, other than the ball carrier use their hands or arms except close to their bodies or attempt to block opponents by throwing their feet high in the air. Pulling and pushing the man with the ball also are illegal.

Stance—refers to the correct position of the line-man or backfield man from which he can work most easily and naturally to the best advantage. It includes the position of the body, feet and hands.

Cutback—the course of the man with the ball making a run who suddenly changes his direction and “cuts back” instead of continuing in the direction in which he started. If this happened in the open field and the runner continued in the changed direction it would be called “reversing the field.”

Dead Ball—a ball not in play.

End Zones—the territory between the goal line and another line 10 yards back of the goal line.

True Scoring Zone—the territory between the goal line and the 20-yard line in which the offensive team uses its best plays to score.

Foul—any violation of the rules.

Kneeing—ramming an opponent with the knees, intentionally or otherwise. For this a man may be



put out of the game as it is unnecessarily rough play. It is an infrequent occurrence.

Neutral Zone—when the teams are lined up for scrimmage, the length of the ball separates the two teams. The territory covered by a strip across the field corresponding to the width of the ball is the neutral zone upon which neither team may encroach until play starts.

Piling On—if, after the ball is declared dead, opponents throw themselves upon a ball carrier who has been downed it is considered unnecessary roughness and a penalty for piling is inflicted.

Tripping—the obstruction of an opponent below the knee by that part of the leg below the knee.

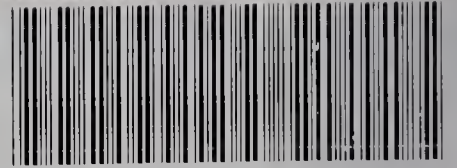
Clipping—consists in throwing oneself against an opponent's legs below the knees and from behind in an attempt to knock him down and keep him out of the play. Such a practice is illegal and calls for a 15-yard penalty from the spot of the foul or from the spot where the ball was put in play, at the option of the offended side.

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